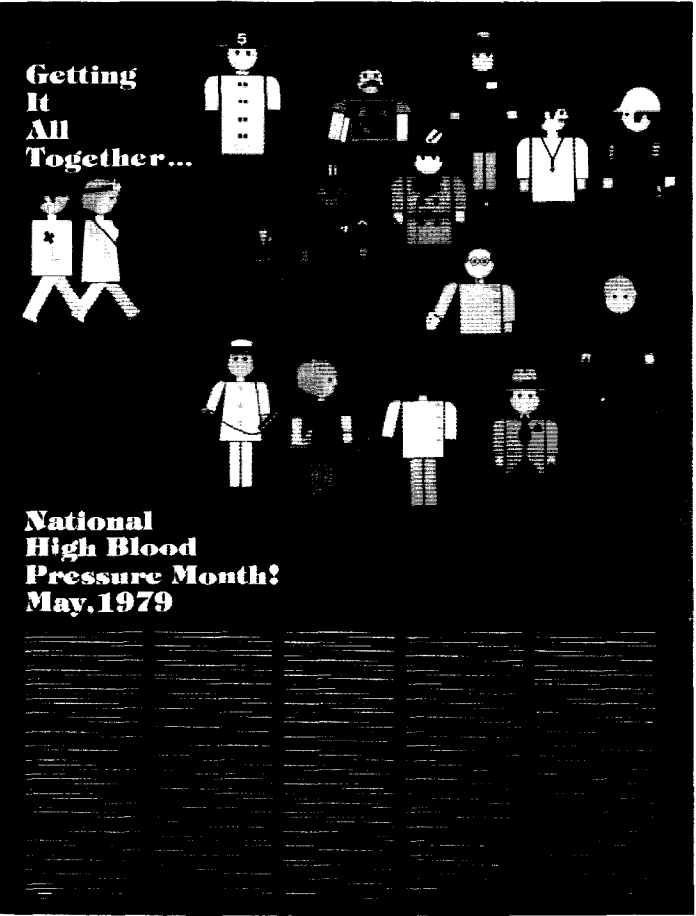
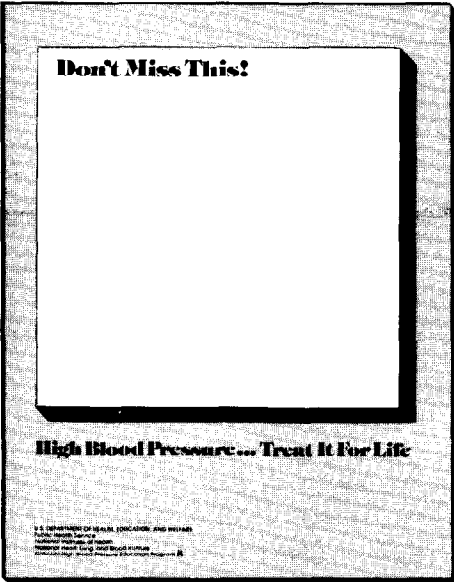


The 1979 High Blood Pressure Month Kit

Don't Miss This!

A 20" x 16" publicity poster which can be used to inform people about the activities groups plan



Getting It All Together ... National High Blood Pressure Month! May, 1979

A 30" x 40" poster containing suggestions on activities local organizations could participate in which would focus attention on this major health problem

Feature Sheets

- Reproducible materials for use in publications or in other media:
- 2 Feature Articles
 - 3 Filler Articles
 - 1 Crossword Puzzle
 - 3 Mini-posters
 - 2 "Ads"

FEATURE SHEETS

High Blood Pressure Month May, 1979

U.S. DEPARTMENT OF HEALTH, EDUCATION AND WELFARE
Public Health Service
National High Blood Pressure Education Program

HIGH BLOOD PRESSURE PUZZLE

ANSWERS

1. 2. 3. 4. 5. 6. 7. 8. 9. 10. 11. 12. 13. 14. 15. 16. 17. 18. 19. 20. 21. 22. 23. 24. 25. 26. 27. 28. 29. 30. 31. 32. 33. 34. 35. 36. 37. 38. 39. 40. 41. 42. 43. 44. 45. 46. 47. 48. 49. 50. 51. 52. 53. 54. 55. 56. 57. 58. 59. 60. 61. 62. 63. 64. 65. 66. 67. 68. 69. 70. 71. 72. 73. 74. 75. 76. 77. 78. 79. 80. 81. 82. 83. 84. 85. 86. 87. 88. 89. 90. 91. 92. 93. 94. 95. 96. 97. 98. 99. 100.

HIGH BLOOD PRESSURE PUZZLE ANSWERS

ANSWERS

1. 2. 3. 4. 5. 6. 7. 8. 9. 10. 11. 12. 13. 14. 15. 16. 17. 18. 19. 20. 21. 22. 23. 24. 25. 26. 27. 28. 29. 30. 31. 32. 33. 34. 35. 36. 37. 38. 39. 40. 41. 42. 43. 44. 45. 46. 47. 48. 49. 50. 51. 52. 53. 54. 55. 56. 57. 58. 59. 60. 61. 62. 63. 64. 65. 66. 67. 68. 69. 70. 71. 72. 73. 74. 75. 76. 77. 78. 79. 80. 81. 82. 83. 84. 85. 86. 87. 88. 89. 90. 91. 92. 93. 94. 95. 96. 97. 98. 99. 100.

FEATURE ARTICLE

HIGH BLOOD PRESSURE?

Like exercise and a good diet, treating it can help you to a longer, healthier life.

ORDER FORM

High Blood Pressure Information Center
120/80 National Institutes of Health
Bethesda, Maryland 20711
(301) 827-7700

Name _____
Organization _____
Address _____
City _____ State _____ Zip _____
Phone No. (include Area Code) _____

1. Please send me the following materials (check all that apply):
[] 1. The poster
[] 2. The feature article
[] 3. The filler article
[] 4. The crossword puzzle
[] 5. The mini-poster
[] 6. The "Ad"

Order Form

A form to use when ordering educational materials from the National High Blood Pressure Education Program

High Blood Pressure

Treat It For Life!

May, 1979
High Blood Pressure Month

POSTER

HIGH BLOOD PRESSURE...

You have to treat it every day in most cases. Sometimes doctors advise you to watch your diet, lose weight, and give up smoking to help the pills work more effectively. Follow the doctor's advice. Do everything he or she recommends. **HIGH BLOOD PRESSURE... TREAT IT FOR LIFE!**

FEATURE ARTICLE

HIGH BLOOD PRESSURE AND YOU

People who have high blood pressure, about 1 in every 6 Americans, often have questions about their disease, and they should talk to their physician in order to get specific answers. The questions below focus on common misunderstandings people may have about high blood pressure.

POSTER

HIGH BLOOD PRESSURE...

You don't have a clue. Some people think that when they have a headache or feel dizzy or nervous, their blood pressure is up. They're wrong. The only way to know for sure is to have it checked. If it is high, follow the doctor's advice. **HIGH BLOOD PRESSURE... TREAT IT FOR LIFE!**

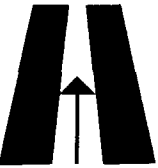
FILLER ARTICLES

There's more to life than just blood pressure. You can't control it all. But you can control what you eat, what you drink, how much you exercise, and how much you stress. These are the things that can help you keep your blood pressure under control. **HIGH BLOOD PRESSURE... TREAT IT FOR LIFE!**

POSTER

HIGH BLOOD PRESSURE...

You can bring it under control. Your doctor can't cure your high blood pressure, but together you can control it. Just a pill a day can help most people to healthier lives. **HIGH BLOOD PRESSURE... TREAT IT FOR LIFE!**



High Blood Pressure Month
National High Blood Pressure Education Program
120/80 National Institutes of Health
Bethesda, Md. 20714